

CANTINA 1 - CAMPUS 1

Week	LUNCH	DINNER
Monday 23-11-2015	Soup: Pea Meat: Rice with pork, sausage and chicken Fish: Fried flounder with Russian salad Dessert: Fruit Sweet Yogurt	Soup: Pea Meat: Pork steaks with onion and vegetable rice Fish: Grilled mackerel with potatoes and boiled carrots Dessert: Fruit Sweet Yogurt
Tuesday 24-11-2015	Soup: Beans and vegetables Meat: Spaghetti and meatballs Fish: Salmon in the oven with lemon, potatoes and green beans Dessert: Fruit Sweet Yogurt	Soup: Beans and vegetables Meat: Roasted turkey leg and potatoes Fish: Cod lasagne with spinach Dessert: Fruit Sweet Yogurt
Wednesday 25-11-2015	Soup: Fish Meat: Stewed chicken with mushrooms and rice Fish: Fish stew Dessert: Fruit Sweet Yogurt	Soup: Fish Meat: Mixed grill with corn bread, rice and beans Fish: Hake with potatoes and sautéed vegetables Dessert: Fruit Sweet Yogurt
Thursday 26-11-2015	Soup: Leek Meat: Braised veal with white rice Fish: Codfish "Gomes de Sá" Dessert: Fruit Sweet Yogurt	Soup: Leek Meat: Chicken in the oven with lemon, spaghetti and sautéed green beans Fish: Squid stew with mashed potatoes Dessert: Fruit Sweet Yogurt
Friday 27-11-2015	Soup: Watercress Meat: Breaded turkey steaks with spaghetti Fish: Tuna with black-eyed peas Dessert: Fruit Sweet Yogurt	Soup: Watercress Meat: Veal steaks with mushrooms and white rice Fish: Flounder with roasted potatoes Dessert: Fruit Sweet Yogurt